



CITY OF KNOXVILLE PARKS AND RECREATION

Community Connection

Fall 2015

WELCOME!

Welcome to "Community Connection," a quarterly recreation and leisure newsletter for the City of Knoxville's Parks and Recreation Department! It is our hope that the information provided increases your awareness of what programs are currently being offered as well as what's to come in the future. Our department's mission is to provide a safe and fun environment so all citizens may enjoy their leisure time. Our dedicated staff work to promote healthy lifestyle changes and character building activities by providing affordable quality programs, parks and recreation venues.

Please come join us in our mission TODAY!

IN THIS ISSUE:

- Recreation Centers, Parks, and Greenways Information
- Fall Into Fitness!
- Other Leisure
- Aquatics
- Senior Activities
- Dynamic Sports
- Seasonal Events and Programs

MAYOR

Madeline Rogero

DEPARTMENT OF PARKS AND RECREATION

Joe Walsh, Director

PARKS AND RECREATION ADMINISTRATIVE OFFICE

Suite 303

City/County Building

400 Main Street, Knoxville TN 37902

865-215-2091

www.knoxvilletn.gov

FIND AND FOLLOW US ON:



Instagram

MARK YOUR CALENDARS!!

Doggie Dip Day
September 13, 2015
Inskip Swimming Pool

CrossKnox 15K
October 11, 2015
www.ktc.org

Recreation Guide
October 15, 2015
Knoxville News Sentinel

Open Streets Event
October 25, 2015
www.openstreetsknoxville.com

RECREATION / COMMUNITY CENTERS



FOR MORE INFORMATION REGARDING SPECIFIC CENTER PROGRAMMING, FACILITY AMENITIES, COMMUNITY MEETING SPACES, AND HOURS OF OPERATION PLEASE USE THE CONTACT INFORMATION BELOW OR VISIT:

www.knoxvilletn.gov

Cal Johnson Recreation Center

507 Hall of Fame Drive (37917)

865-522-3177

Cecil B. Webb Recreation Center

923 Baker Avenue (37920)

865-577-0651

Christenberry Community Center

931 Oglewood Avenue (37917)

865-637-5991

Cumberland Estates Recreation Center

4529 Silver Hill Drive (37921)

865-588-3442

Deane Hill Recreation Center

7400 Deane Hill Drive (37919)

865-690-0781

Dr. E.V. Davidson Community Center

3124 Wilson Avenue (37914)

865-971-4746

Inskip-Norwood Recreation Center

301 W. Inskip Drive (37912)

865-687-6321

John T. O'Connor Senior Citizen's Center

611 Winona Street (37917)

865-523-1135

Knoxville Adaptive Recreation Center

2235 Dandridge Avenue (37915)

865-525-9080

Larry Cox Senior Center

3109 Ocoee Trail (37917)

865-546-1700

Lonsdale Recreation Center

2700 Stonewall Street (37921)

865-546-0696

Milton Roberts Recreation Center

5900 Asheville Highway (37924)

865-546-4536

New Hope Recreation Center

1905 McMinn Street (37917)

865-523-9003

Richard Leake Recreation Center

3511 Alice Bell Road (37917)

865-525-2031

South Knoxville Community Center

522 Old Maryville Pike (37920)

865-573-3575

West Haven Recreation Center

3622 Sisk Road (37921)

865-546-1315

NEED TO RENT A RECREATION CENTER, POOL OR PARK SHELTER FOR A SPECIAL EVENT OR PARTY?

CONTACT:

RECREATION CENTER RENTAL

865-215-1414

PARK SHELTER

865-215-1413

FALL INTO FITNESS!



JOIN OUR MISSION!

WANT TO PARTNER AND OFFER ACTIVITIES TO KEEP OUR COMMUNITY MOVING? CONTACT RECREATION PROGRAM COORDINATOR [ANGIE DAVIDSON](#) AT 865-215-1406 FOR MORE INFORMATION!

COME ACHIEVE YOUR FITNESS GOALS OR SIMPLY GET MOVING AT ONE OF OUR LOCAL RECREATION CENTERS WITH....



Cross Training with “D”!
Come train with one of Parks and Recreation’s very own center leaders Darrow Davenport! From beginners to advanced athletes, ‘D’ adapts his exercises to fit everyone’s needs and abilities.
Tuesdays and Thursdays
11:00am-12:00pm at **EV Davidson**

Open Gym Volleyball!
Deane Hill
Mondays-6:00pm-8:30pm
Cumberland Estates
Thursdays-6:30pm-8:30pm



Beginners Yoga!
Whether you want to increase your flexibility or strength or simply take your mind off of tension and stress, come Yoga with our certified yoga instructor Stephanie!
Tuesdays
6:00pm-7:00pm
Cecil Webb
FREE to start!



Pickleball

Pickleball! Come join in the fun by playing this new and popular sport. No experience is necessary, equipment is available and it is FREE! For more information or a list of dates not offered, you can contact a recreation center listed below.

- Monday**
Deane Hill 11:00am-2:00pm
Lonsdale 11:30am-1:30pm
Christenberry 5:00pm-8:30pm
- Tuesday**
Inskip *9:00am-10:00am; 10:00am-12:00am
Christenberry 5:00pm-8:30pm
- Wednesday**
Lonsdale 11:30am-1:30pm
Milton Roberts 6:00pm-8:30pm
Deane Hill 6:00pm-9:00pm
- Thursday**
Deane Hill 11:00am-2:00pm
SKCC 6:00pm-8:30pm
- Friday**
Inskip 1:00pm-4:00pm

*geared for beginners



Outdoor Pickleball coming soon to....
West Hills Park
7624 Sheffield Drive
Contact our Athletics office for more information!

FREE Linedancing Class
Christenberry!
Thursday’s 6pm-7pm
Begins 9/10/15-10/22/15
Come Boot, Scoot, and Boogy!



FALL INTO FITNESS! / OTHER LEISURE



Visit the Parks and Recreation webpage for a complete listing of programs, facility hours of operation, closings, and program changes!
www.knoxvilletn.gov

WEIGHT ROOMS AND USE OF EXERCISE EQUIPMENT IN OUR FACILITIES IS FREE! CALL YOUR LOCAL CENTER FOR FACILITY AMMENITIES TODAY!



Ca-L’a Fitness is a workout program that targets ALL your muscles! Come burn calories, lose weight and tone your body while **HAVING FUN!**
Tuesdays
Cumberland Estates
7:00pm-8:00pm
Thursdays
EV Davidson
7:00pm-8:00pm
\$4.00 a Class

Walk with Ease Program!
Join Arthritis Foundation certified leader Cindy and get the support you need to walk, stay motivated, exercise safely & manage your pain!
Mondays & Wednesdays
Christenberry
6:00pm-7:00pm

TENNIS
Do you or someone you know have an interest in Tennis? If so, check out the following beginner, intermediate and advanced classes for Juniors and Adults! For more information, click on the links below or email: citytennisace@gmail.com
[Junior Fall Lessons](#)
[Adult Fall Lessons](#)
[Adult Evening League](#)



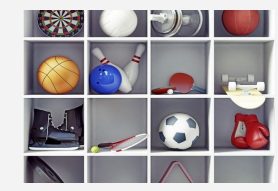
BRIDGE!!
Deane Hill Bridge Center
Contact 865-694-0222 for information regarding lessons, games and events!

Cal Johnson Chess Club
Whether you are looking to learn how to play or want to challenge others with your chess playing skills, come join in the fun at **Cal Johnson!**
Tuesdays and Thursdays
6pm-8pm



ENJOY THE SUN AND THE OUTDOORS BY USING ONE OF OUR MANY PARKS, GREENWAYS AND TRAILS.
VISIT: www.knoxvilletn.gov

Introduction to Sports and Fitness
Join Roger for a beginner program geared to getting anyone involved in Sports and/or Exercise. The program will be designed upon the needs of the individuals -- walking, stretching, general healthy exercises leading up to games—basketball, pickleball, badminton, etc.
This is YOUR program; help us in serving you!!
Tuesdays and Thursdays
Lonsdale
11:30am-1:30pm



KAFCC/OTHER LEISURE



Knoxville Arts and Fine Crafts Center

The activities offered do not only include expressing your creative side through art and crafts, there are also dance and fitness classes, food preparation workshops and educational classes as well! There is something for everyone as classes are provided for preschool ages, youth, teens and adults!

Art Classes:

- Ages 3-5, Pre-Ballet Fundamentals & Dance Routine
- Ages 3-5, Intro to Art: Amazing Animals
- Ages 3-5 with Parent, Gingerbread Fun
- Ages 6-9, Ballet FUNdamentals & Dance Routine
- Ages 7-12, In Service Day: Clay Day
- Ages 7-13, In Service Day: Craft Sampler
- Pottery for Teens
- Ages 6-12, Gifts Made with Love
- Ages 8+ with Parent, Hand-painted Ornaments
- Teens and Adults Alcohol Ink Gifts
- Adult Beginner and Intermediate Wheel-throwing
- Adult Intermediate/Advanced Pottery
- Adult Beginner Pottery
- Adult Pottery, Date Night
- Adult Up-Cycled Painted Furniture
- Adult Alcohol Inks
- Adult Start by Slip-Casting
- Adult Handbuilding with Slabs
- Adult Slip-Casting: Make the Mold
- Adult Patterns and Texture: The Surface of Clay
- Adult Sculpture
- Adult Introduction to Drawing
- Adult Watercolor
- Adult Acrylics and Oils Painting
- Adult Under Painting Like the Dutch Masters
- Adult Pastels
- Adult Santa Claus Floor Cloth
- Adult Shibori and Fabric Painting Workshop
- Adult Square Bottom Harvest Basket
- Discover Architectural Design: A Design Primer (see highlights on this page)

Dance and Fitness Classes

AM Yoga Flow
Barre Plus Yoga
Belly Dancing Basics and Conditioning
Belly Dance Choreography
Adult Ballet (see highlights on this page)

Educational/Food Preparation Workshops

Mozzarella Cheese Making
Pasta 101
Delicious Spreads for the Holiday Table

Adult Ballet
(Two, 8-week sessions)
Mondays, August 17-October 12
Mondays, October 19-December 7
7:00-8:00pm \$96.00/each session
Instructor: Sandy Larson

Did you dance when you were young and want to again? Ever want to take ballet but never got to? It's never too late with this ballet class that focuses on strength and flexibility, core and carriages, dancing and fun in a supportive environment. Sandy has over 30 years experience as a professional dancer and teacher with certifications in yoga and Pilates, and creator of adult dance performance group Sandsation Dancers.

**Discover Architectural Design:
A Design Primer**
Saturdays, October 17-November 14 (5 weeks)
9:00am-12:00pm; \$125.00
Instructor: John Sicard

This program will provide a glimpse into the practice of architecture. Every participant will be responsible to develop a design solution supported by mentoring and critiques by the instructor. Skills of drafting and free hand drawing design will be utilized. The first session will include slides and an open discussion regarding design style, spatial concepts and a description of the project. Following weeks will include instruction and the development of each individual's proposed design solution with a final presentation of each design participant's project before a jury of 3 local architects.

AQUATICS



South Knoxville Community Center Pool
Call 865-579-3122 for more information!

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00AM	Open Lap Swim 6:00-8:00	Open Lap Swim 6:00-8:00	Open Lap Swim 6:00-8:00	Open Lap Swim 6:00-8:00	Open Lap Swim 6:00-8:00
7:00AM					
8:00AM	Aqua Sprint 8:15-8:45	Aqua Sprint 8:15-8:45	Aqua Sprint 8:15-8:45	Aqua Sprint 8:15-8:45	Aqua Sprint 8:15-8:45
9:00AM	Gentle Joints 9:00-9:45	Deep Water Aerobics 9:00-10:00	Gentle Joints 9:00-9:45	Deep Water Aerobics 9:00-10:00	Gentle Joints 9:00-9:45
10:00AM		Aqua Aerobics 10:30-11:30		Aqua Aerobics 10:30-11:30	
10:30AM					
11:00AM					
11:30AM					
12:00PM	Open Swim 10:00-3:00	Open Swim 11:30-3:00	Open Swim 10:00-3:00	Open Swim 11:30-3:00	Open Swim 10:00-3:00
1:00PM					
2:00PM					
3:00PM	Pool Closes at 3:00PM Monday thru Friday				
OTHER		Water Pilates 5:00-6:30 Open Lap Swim 5:00-7:45PM		Water Pilates 5:00-6:30 Open Lap Swim 5:00-7:45PM	

*Schedule is subject to change for programming needs, training, Learn to Swim Classes, etc. Please call 865-579-3122 for any information on classes, programs, and prices!

Knoxville Adaptive Recreation Center
Call 865-525-9080 for more information!

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00AM	Open Swim 8:00-9:00	Open Swim 8:00-9:00	Open Swim 8:00-9:00	Open Swim 8:00-9:00	Open Swim 8:00-9:00
9:00AM	Arthritis Foundation Class 9:00-9:45	Arthritis Foundation Class (Moderate Aerobic) 9:00-9:45	Arthritis Foundation Class 9:00-9:45	Arthritis Foundation Class (Moderate Aerobic) 9:00-9:45	Arthritis Foundation Class 9:00-9:45
10:00AM	Open Swim 9:45-11:00		Open Swim 9:45-11:00		Open Swim 9:45-11:00
11:00AM	Arthritis Foundation Class 11:00-11:45	Open Swim 9:45-12:00	Arthritis Foundation Class 11:00-11:45	Open Swim 9:45-12:00	Arthritis Foundation Class 11:00-11:45
12:00PM					
1:00PM	Learn to Swim Classes	Learn to Swim Classes	Learn to Swim Classes	Learn to Swim Classes	Learn to Swim Classes
2:00PM					

*Schedule is subject to change for programming needs, training, Learn to Swim Classes, etc. Please call 865-525-9080 for any information on classes, programs, and prices!

OUR CERTIFIED AMERICAN RED CROSS INSTRUCTORS ALSO FACILITATE COURSE IN:

- WSI (Water Safety Instructor)
- CPR/AED/First Aid Certification
- Lifeguard Training

Call 865-525-9080 or email rlove@knoxvilletn.gov TODAY!



American Red Cross

It all begins with Learn-to-Swim.

For 98 years, the American Red Cross has been teaching hundreds of millions of Americans how to enjoy the water safely.

To register for a class, call 865-525-9080 or email rlove@knoxvilletn.gov

City of Knoxville
Parks and Recreation
Knoxville, TN

Authorized Aquatics Training Provider

Session Dates:
FALL 2015
Begins September 14th through November 2015!!

SENIOR ACTIVITIES



Larry Cox Senior Center, South Knoxville Community Center and John T. O'Connor Senior Center offer a variety of programs and services for adults 50+ years and seniors. Learn and pursue new interests by participation in countless activities including educational seminars, fitness, outdoor excursions, special events and more! To request more information each centers calendar of events, contact:



Larry Cox Senior Center
3109 Ocoee Trail (37917)
865-546-1700

South Knoxville Community Center
522 Old Maryville Pike (37920)
865-573-3575

John T. O'Connor Senior Center
611 Winona Street (37917)
865-523-1135



DYNAMIC SPORTS

The City of Knoxville's Parks and Recreation Department is committed to supporting people with disabilities and believes in providing opportunities where all individuals are accepted, included and welcomed in the programs offered. **Inskip-Norwood Recreation Center** is currently offering Dynamic Sports programs for individuals with disabilities. While each community/rec center guarantees participants an inclusive environment, the Inskip Recreation Center staff specialize in therapeutic recreation. If you would like more information regarding these programs, contact Daniel Alexander, CTRS at 865-687-6321.

Fall 2015 Programs

- Disc Golf
- Flag Football Skills
- Life-sized Foosball
- Greenways Walking Club
- Foot Golf
- Pickleball
- Basketball Skills
- Bocce Ball



SEASONAL EVENTS AND PROGRAMS



City of Knoxville Recreation Center After School Program

Sign your child up for our **FREE**
after school program in August!

*Ages 6-12
*Monday-Friday
*2:45pm-5:30pm
*Planned recreation activities and
FREE snacks provided daily.
*Sign up at your local center when
school is back in session!



**Cumberland Estates
Neighborhood Chili Fest**
October 1st/5:00pm-7:00pm

Call 865-588-3442 for more details

Learn to Swim Classes!

Even though recreational swimming and water activities add great value to our lives, water can potentially be a source of danger! Sign your child up for a Learn to Swim class today!

Cost \$50 (1st child)/ \$25 (additional children) for Eight classes (45 minutes per class)

Starting September 14th and ongoing classes through November!!

*Call 865-687-9919



**American
Red Cross**



IF TREES COULD SING
Preserving Our Trees

Visit Knoxville's
Morningside and/or
Victor Ashe Park and
find some trees that
SING!

www.nature.org/ifTreesCouldSing

Pilot CrossKnox 15k: Touring Greenways East to West

This 10-mile race, presented by the Knoxville Track Club and City of Knoxville Parks and Recreation, is a course that is completely on greenways. What a great chance to see how all of the greenways are connected and to view the scenic side of Knoxville! Runners and walkers are welcome to this certified race!



Sunday, October 11, 2015
8:00am
Register at www.ktc.org

Doggie Dip Day

Special "Dogs Only" Swim Event



Sunday, September 13, 2015
1:00pm-6:00pm
Inskip Swimming Pool
4204 Bruhin Road

Registration Cost: \$3.00 for all entrants-canine and human!
*Dogs must be current on ALL Vaccinations and registered for this event.

For details and registration, contact 865-687-9919, email rlove@knoxvilletn.gov or visit www.knoxvilletn.gov



Check out The Recreation Guide in the
Knoxville News Sentinel! Coming October 15th!

Check out our social
media pages for
monthly contests!



October 25, 2015
www.openstreetsknoxville.com

MORE INFORMATION



ATHLETICS OFFICE

Aaron Browning, Athletics Coordinator
Jerry Dills, Officials Coordinator

The **Athletics Office** partners with sports commissions across the City to provide youth with recreational sports activities in baseball, softball, basketball and football. The department also offers adult sport leagues that include basketball, softball, baseball, kickball, volleyball and football.

For information on how to sign up for one of the leagues, please visit www.KnoxvilleAthletics.com or call the office at 865-215-4311. Information is also printed in the "Bulletin Board" section of the Sunday Sports Section of *The Knoxville News-Sentinel*. For game cancellations, call the Athletic Info Line at 865-215-INFO (4636).

Follow us on Twitter: @knoxathletics



ADMINISTRATIVE OFFICE

Leonard Blair
Recreation Area Supervisor
865-215-1405

Vinnie Brown
Recreation Area Supervisor
865-215-1409

Nikki Crutcher
Sports Outreach Coordinator
865-215-1419

Angie Davidson
Recreation Program Coordinator
865-215-1406

Kathleen Gibi
Public Affairs Specialist
865-215-2091

Lori Goerlich
Parks and Greenways Coordinator
865-215-2807

Kristin Manuel
Superintendent of Recreation
865-215-1414



Contact the **Knoxville Arts and Fine Craft Center** and join their mailing list to get complete details of their summer programming!

Visit
www.knoxvilletn.gov
or call 865-523-1401 TODAY!



CITY OF KNOXVILLE
PARKS AND RECREATION



KNOXVILLE'S
PHONE NUMBER